



WHATSheATE



HEALTH SCORE

71%

## Galician Pork and Vegetable Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



2503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pound baby back ribs cut into 3-rib sections
- ☐ 1.5 cups chickpeas dried (chickpeas;)
- ☐ 1 pound ham smoked
- ☐ 1 pounds ham cut into 3 x 2 x 3/4-inch pieces
- ☐ 16 cups crossing over quintessential american desserts (2 large bunches)
- ☐ 5 large leek white green halved lengthwise ( and pale parts only)
- ☐ 8 ounces pancetta italian coarsely chopped ( bacon)
- ☐ 3 pounds potatoes – remove skin white peeled halved

- ☐ 1 pound skirt steak
- ☐ 1 pound chorizo smoked spanish fully cooked cut into 1/2-inch-thick rounds
- ☐ 16 cups water

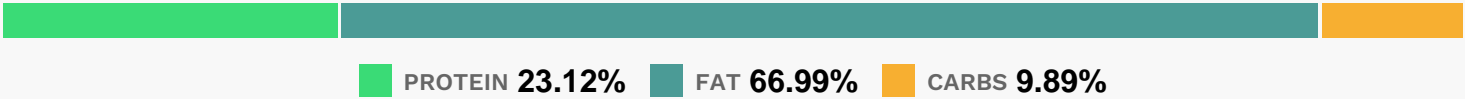
## Equipment

- ☐ bowl
- ☐ slotted spoon

## Directions

- ☐ Place garbanzos in large bowl.
- ☐ Add water to cover by 2 inches.
- ☐ Let soak overnight.
- ☐ Drain.
- ☐ Place pork ribs, ham, ham shank, chorizo, steak, and pancetta in heavy large pot.
- ☐ Add 16 cups water. Bring to boil.
- ☐ Add garbanzos and leeks. Reduce heat to medium-low, cover partially, and simmer until garbanzos are tender, adjusting heat as needed to maintain active simmer, about 1 hour.
- ☐ Add potatoes and kale; simmer until potatoes are tender, 40 to 50 minutes.
- ☐ Using slotted spoon, divide meats, vegetables, and broth among 8 large bowls.
- ☐ \* Available at specialty foods stores and Italian markets.
- ☐ \*\* A pork link sausage flavored with garlic and spices but milder than Mexican chorizo; available at specialty foods stores and Spanish markets and from [latienda.com](http://latienda.com).
- ☐ The rich stew needs a big red wine. José recommends a Ribera del Duero from northern Spain, like the Bodegas Alejandro Fernández 2006 "Pesquera" Tinto (\$34). The Zarus 2004 Barrica (\$1
- ☐ would also be a good choice.
- ☐ Bon Appétit

# Nutrition Facts



## Properties

Glycemic Index:10.06, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:62.076086707737%

## Flavonoids

Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 2503.48kcal (125.17%), Fat: 186.06g (286.24%), Saturated Fat: 77.72g (485.77%), Carbohydrates: 61.8g (20.6%), Net Carbohydrates: 51.38g (18.68%), Sugar: 8.43g (9.37%), Cholesterol: 544.09mg (181.36%), Sodium: 1958.81mg (85.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 144.51g (289.01%), Selenium: 132.89µg (189.84%), Zinc: 27.87mg (185.78%), Vitamin B3: 31.29mg (156.43%), Vitamin B6: 3.12mg (156.22%), Vitamin B12: 9.35µg (155.78%), Phosphorus: 1292.39mg (129.24%), Vitamin B2: 1.64mg (96.22%), Vitamin B1: 1.4mg (93.52%), Iron: 16.31mg (90.6%), Potassium: 2901.87mg (82.91%), Folate: 292.69µg (73.17%), Manganese: 1.4mg (69.81%), Copper: 1.26mg (63.14%), Magnesium: 234.09mg (58.52%), Fiber: 10.42g (41.67%), Vitamin K: 42.4µg (40.38%), Vitamin C: 22.8mg (27.64%), Vitamin A: 1283.51IU (25.67%), Vitamin B5: 2.33mg (23.32%), Calcium: 181.78mg (18.18%), Vitamin D: 2.1µg (14.02%), Vitamin E: 1.35mg (8.98%)